

Food and Nutrition Services (FNS) has teamed up with school communities and Real Food for Kids to open Salad Bars in every elementary school in FCPS by June 2021. Salad Bars offer a variety of nutritious choices and encourage children to consistently build meals with colorful fruits and vegetables!

Ways to Build a Healthy School Lunch

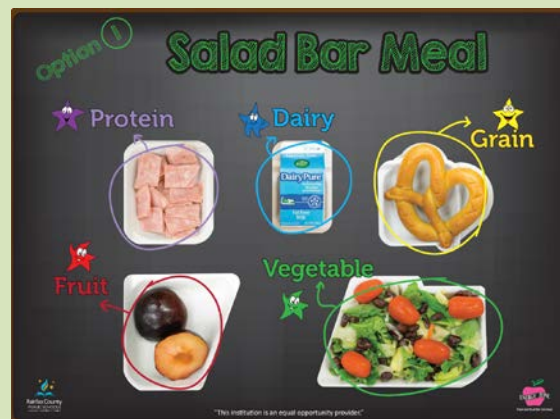
Your child can choose from the following options:

Option 1: Salad Bar Meal

The Salad Bar has fruits, vegetables, and proteins. Every day, there will be 2 cold protein choices on the Salad Bar.

Grain and dairy (milk) options will be available inside the lunch line.

Your child has dozens of options to build a healthy lunch using items from the Salad Bar! They don't always have to make a "salad;" they just need 3 of the 5 stars and at least one serving of a fruit or vegetable!

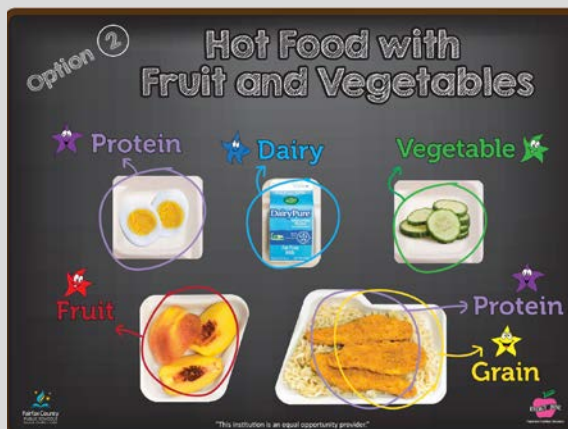


Option 2: Hot Food with Fruit and Vegetables

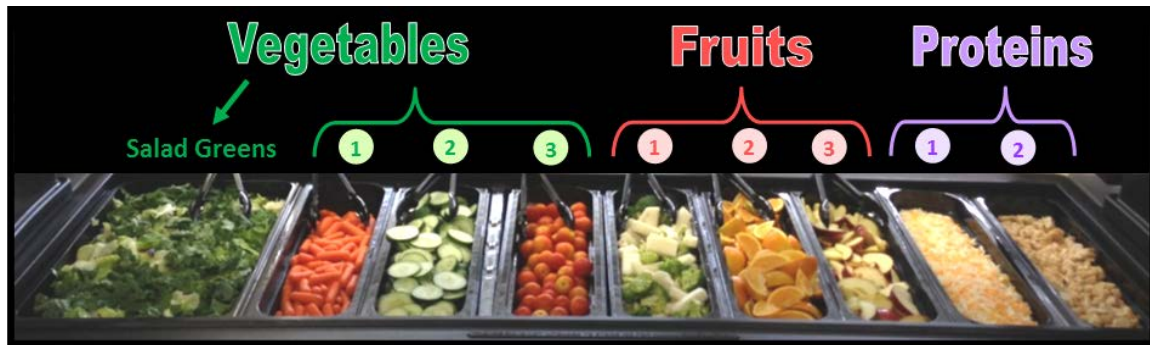
The second option includes fruits and vegetables, along with hot food and milk from inside the lunch line.

The hot food from inside is usually both a protein and grain.

Your child can combine a small amount of Salad Bar protein with a hot meal, but we encourage them to build a balanced tray and not take too much protein!



Frequently Asked Questions



How will the Salad Bar improve my child's lunch?

The Salad Bar has SEVEN choices of fruits and vegetables for the child to build a healthy lunch!
The lunch line will always start at the Salad Bar now.

Does this change the cost of lunch?

No. Both meal options are the same price as what a school lunch as always been. → **\$3.25**

Can my child get just a side of fruits or vegetables to go along with a lunch from home?

Yes. **\$1.00** per square on the tray that your child fills with a fruit or vegetable.

How much food can students get from the Salad Bar?

As much as they care to eat!

How will my child learn about and use the Salad Bar?

- Training from FNS educator on meal options, lunch lines, and the Salad Bar Rules
- Classroom worksheets introducing Salad Bar fruits and vegetables
- Assistance during lunch by cafeteria staff
- From YOU as you excite and prepare your child to build a balanced, colorful lunch